**Reviewer’s report**

**Title:** Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial

**Version:** 2 **Date:** 20 May 2017

**Reviewer:** Argyris Toybekis

**Reviewer’s report:**

General comments

The authors have completed a very demanding work and have additionally complied with the comments of previous reviewers. There are three main points to consider. First the Table 1 is not explaining clearly the research design. I suggest reconstructing this information in a figure applying a drawing approach to explain the experimental design and timing of testing.

Second, the results are very clearly presented in Table 2. Then in the text you only need to report the main points where the reader should focus attention. I understand that previous reviewer asked you to include some numerical information in the results section. However, this should be done in a way that helps the reader to understand the main differences between recovery protocols. The presentation of several numbers in text is confusing.

Third, I suggest reporting the order effect of testing. As the participants were not elite athletes any fatiguing protocol could have induced an adaptation that was carried in the following testing session. You have correctly randomized the order of trials but you have to test for any order effect and report it.

Specific comments

L135. This active recovery could have masked the effect of all other recovery modes, especially the Active recover. Could you comment on this in the discussion?

L207-208. Was any performance indicator measured during the fatiguing test that could be used to verify a comparable load imposed to the participants? You have reported measuring heart rate throughout the test (L132). Why not using this physiological parameter as an indicator of the load imposed to the participants? This will strengthen the value of your data.

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Are the methods appropriate and well described?  
If not, please specify what is required in your comments to the authors.

Yes
Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.
Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.
Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.
I am able to assess the statistics

Quality of written English
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